

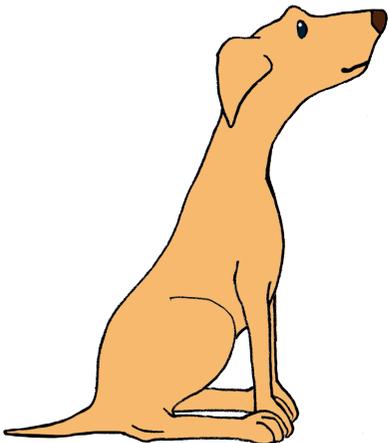


# .breathe

A four lesson curriculum to give pupils a taste of mindfulness, and support them.

With a key focus on:

- ✓ Transition years
- ✓ PSHE
- ✓ Time management
- ✓ Stress reduction



**.breathe is for young people aged 9-14 for use in PSHE lessons.**

**.breathe** is particularly well-suited to support transition from primary to secondary school.

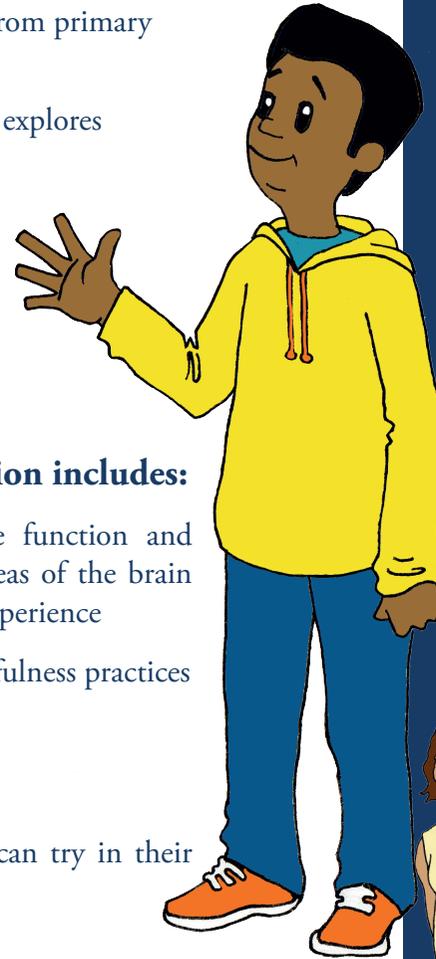
In particular, **.breathe** explores issues around:

- Attention
- Worry
- Sleep
- Relationships

**Each .breathe session includes:**

- Exploration of the function and structure of key areas of the brain involved in daily experience
- Introductory mindfulness practices
- Animations
- Discussions
- Exercises students can try in their own time

Sessions are designed to last between 40 minutes and one hour, to be delivered once a week for four weeks during the final year of primary school or the first year of secondary school.



**MiSP**  
MINDFULNESS IN SCHOOLS PROJECT

Mindfulness in Schools Project (MiSP) is a national, not-for-profit charity for young people and schools. Our aim is to improve the lives of a generation of children and young people by making a genuine, positive difference to their mental health and wellbeing.

Our view is that everyone deserves to not 'just get by' but to positively flourish. By introducing key skills to help young people, and those who care for them, to work more skillfully with what comes their way, we observe real shifts in how they navigate the difficulties in life, as well as engaging more positively with the opportunities that arise.

MiSP is a leading provider of mindfulness classroom curricula in the UK. With a decade's worth of experience, we are the most established provider of mindfulness training for schools. Our highly acclaimed curricula include: .b for secondary schools, Paws b for primary schools, and .b Foundations.

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Bringing mindfulness to young people  
and those who care for them